

LAB No. :

## LABORATORY REPORT

Consulting Pathologist: **Dr D. Deam**

Patient :  
Address :

Date of Birth :  
Requested by : D  
Date Received 0  
Referring Laboratory :  
Provider No. :

	<u>Result</u>	<u>Units</u>	<u>Ref.Range</u>
<b>2 - HYDROXYESTRONE (2OHE1)</b>	<b>20.5</b>	ng/mg creat	
<b>16 - HYDROXYESTRONE. (16OHE1)</b>	<b>3.7</b>	ng/mg creat	
<b>OESTROGEN METABOLITE INDEX 2/16</b>	<b>5.6</b>		

### EXPECTED VALUES

(Range for 2OHE1 in urine of healthy women (NOT ON HRT))

Premenopausal 4-100ng/mg creat  
Postmenopausal 1-20 ng/mg creat

(Range for 2OHE1 in urine of healthy women ( ON HRT))

20-140ng/ mg creat

(Range for 16OHE1 in urine of healthy women (NOT ON HRT))

Premenopausal 2-40 ng/mg creat  
Postmenopausal 0.6-10 ng/mg creat.

(Range for 16OHE1 in urine of healthy women (ON HRT))

8-35 ng/mg creat.

The ideal value for the 2/16 ratio is above 2.0. The following have been shown to raise the ratio  
: Cruciferous vegetables ( eg broccoli , brussel sprouts , cabbage , cauliflower) which contain the important nutrients indole-3-carbinol (I-3-C) and diindolylmethane (DIM)  
: Supplementation of I-3-C or DIM  
: Soy foods ( eg tofu, Soy milk, Soy beans)  
: Flax seed